

What is claimed is:

1. A portable stand, in particular a portable stand for holding and supporting video cameras, photo-cameras and other optical recording devices, having:
  - 5 an oblong basic body;
  - a lower handle mounted to the lower end of the basic body by means of a first holding element, wherein said lower handle exhibits a fixing hook which engages a pin-like device of said first holding element and said fixing hook exhibits an at least in parts threaded pin-like extension for receiving a first forked joint and a fixing screw, said fixing screw is led through a grip surface of said first handle and said first forked joint being pressed onto or released from said first holding element through turning of the grip surface, in such a way that the position of said first handle is adjustable and fixable as desired;
  - 10 an upper handle mounted by means of a second holding element between the lower and the upper end of the basic body, wherein said upper handle exhibits a fixing hook engaging a pin-like device of said second holding element and said fixing hook has an at least in parts threaded pin-like extension for receiving a second forked joint and a fixing screw, wherein said fixing screw is led through a grip surface of said second handle and said second forked joint is pressed onto or released from said second holding element through turning said grip surface, in such a way that the position of said second handle is adjustable and fixable as desired;
  - 15 wherein said first and/or second grip surface of said first and/or second handle is detachable through unscrewing the respective fixing screw; and
  - 20 a connection plate provided at the upper end of the basic body for receiving the device to be carried.
2. The portable stand according to claim 1, wherein the pin-like extension of said fixing hook of said first and/or said second handle serves for receiving and fixing an adapter for a remote control unit for the video camera, the photo-camera or the other optical recording devices.

3. The portable stand according to claim 1 wherein said pin-like extension of said fixing hook of said first and/or said second handle serves for receiving and fixing a further fixing device for fixing said first and/or said second handle to external elements.
- 5 4. The portable stand according to claim 3, wherein said external element is a plug-in belt bow.
5. The portable stand according to claim 3, wherein said external element is a base stand.
- 10 6. The portable stand according to claim 1, wherein the pin-like extension of said fixing hook of said first and/or said second handle serves for receiving and fixing an adapter for a monitor for the video camera, the photo-camera or the other optical recording device.
- 15 7. The portable stand according to claim 1, wherein the basic body comprises a number of tubular component elements.
8. The portable stand according to claim 1, wherein said basic body has a telescopic set-up.
9. The portable stand according to claim 1, wherein said connection plate has a snap or  
20 bayonet catch for detachable mounting of the device to be carried.
10. The portable stand according to claim 1, wherein said first lower handle can be swiveled by 90°.
- 25 11. The portable stand according to claim 1, wherein said second upper handle can be swiveled by 180°.